



RAYMOND RECORDER

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Ramblings In Japan

by T. Geo. Wood.

We celebrated the Dominion Day and July 4 holidays this time, by a visit to Nikko - about 90 miles by road from Tokyo. By the way - July 1 is called Canada Day, officially here. The Canadian Ambassador Hon. T.C. Davies of Prince Albert gave a big reception, and Canada had a full page spread in Nippon Times, the English language newspaper (one of about 4 such in Tokyo).

The trip was made in our car and took about a 4 hour strenuous journey - plus the time to change a flat tire. Most of the road is hard surface but about 25 miles are under construction.

Our judgement is that a bad road in Japan, is twice as bad as bad roads used to be in Alberta. You go from one chuck and ditch to another. The finished roads are good but the traffic is so intense and so lawless that you seem to follow crisis after crisis which all but puts your heart in your mouth, as you brake or swerve to avoid hitting children, old folks, bicyclists, or motor traffic. They all stop, turn or change lanes, without signals, or any care for the traffic behind.

Well any way, or some way, we reached the mountain shrine town of Nikko - about four p. m. This is one place in Japan that lives up to its publicity.

Our reservations were made at Nikko Palace Hotel. This was a one story rambling hotel, set in an ancient garden, close to the shrines and temples. It makes the boast, proudly, that the Prince of Wales stayed there. We were assigned the Chrysanthemum and Hollyhock suites, where he slept but that was 35 years ago.

The rooms were pleasant, looking out across a mat verandah and porch way to the garden. Complete with Takonoma and western beds. The dining room walls and ceiling were embossed and embroidered silk.

Meals were good and well-served for Western customers. The plumbing, however, showed its age. There was a wooden Japanese bath - about seven feet long, with a wooden slat floor around it, in their style.

No hot water; but steam, was served morning and evening and your cold water soon hissed and gurgled until you achieved a hot bath. Service was good and the Hotel even provided free fireworks for the children.

All this area is forest, a great deal of it evergreens. The avenues leading to Nikko are mostly cryptomerias, huge trees hundreds of years old. There are 22 miles of the tree avenue (continued on page two)

The many friends of Mrs. Emma Webster of Lethbridge, formerly of Raymond, will be pleased to know that she recovered sufficiently to leave the hospital and is now convalescing at the home of her daughter Mrs. A. Terry, at 529 - 23rd St. S. She wishes to thank her many, many friends for their cards and good wishes while she was in the hospital.

Tis sweet to be remembered
To know we're not forgot.

18 Air Cadets and two or three officers of the local Air Cadet Squadron will be leaving next week for Abbotsford, B.C. for two weeks at camp.

Mrs. Stewart Card, Mrs. Lincoln Wood and Mrs. Owen King were joint hostesses at a steak fry held in honor of Dr. and Mrs. Frank Hall of Vancouver. The fry was held at the Wood home Wed. July 13, about 25 people were present.

Welling News

Mr. and Mrs. A.P. Bullock and Mr. and Mrs. John Wolsey of Welling drove to Diamond City, Sunday where Mr. Bullock was guest speaker in church.

Mr. and Mrs. Allan Ackroyd and family of Pacoima, Calif. are visiting at the George Bullock home.

Milton Taylor recently returned to Toronto after visiting for the past ten days with his mother, Mrs. U.B. Taylor and other relatives.

Mr. and Mrs. Dean Wilde and family and Shauna Nelson recently returned from a trip to Reno and other points of interest in the U.S.

Mr. and Mrs. Del Lowe of Boise, Idaho are visiting at the Floyd Wilde home.

The motorcyclists: Tom Wilde, Dennis Bullock, Kenyon Chipman, Mac Buckwalter, and Warren Wilde arrived home after attending the Calgary stampede.

Audrey Wilde and Cookie Mehew are visitors at the home of Mr. and Mrs. Melvin Fonte at Orton.

Two firesides were held Sunday evening in Welling. James Gibb showed his slides of Finland at the Special Interest Fireside, and Grant Erickson of Stirling entertained the Junior and Senior M Men and Gleaners with his slides of Tonga.

Joan Bullock of Welling is now returning a visit to Betty Ann Tanner in Magrath.

The local Fire Department displayed their speedy stuff again this week when it was called to Raymond Motors. The fire was already extinguished by the time the volunteers arrived with no serious damage being done.

Touring The Town With Amy

— Amy Campbell

Hello shoppers! Let's take a peek in the stores to see what they have for us this week.

Ladies! The secret to lovelier hair is held by Helene Curtis foremost name in hair beauty. In the Pharmacy you'll see free pamphlets along with shampoos and dressings that are necessary for soft, shining hair.

For children's summer fun, look into the Mercantile, there are sunsuits and sun dresses, every size and style. A playset that will win your approval is the bright red denim shorts with a matching midriff trimmed with white terrycloth, and it costs only \$1.98.

Girls! For holiday hikes or camping at Waterton, you'll need sturdy Savage shoes on your feet. Smart saddle oxfords and penny loafers can be seen at Burns Shoe Store.

Ever owned a propane lantern? Try one, it is one of the latest ideas and there'll be no priming, no pumping no spilling, or filling necessary. This Bernz O Matic Lantern gives a super bright adjustable light that is smokeless and odorless. You can inspect it in the Mercantile any time.

Going camping? Stones Store has for sale a Coleman instant-lighting gas stove, ideal for camping trips. This small portable camping stove will prevent forest fires and troubling work.

Housewives! Large, decorated cake plates are selling for just \$4.99 each in the Giftshop. Drop in and look over the selection of gifts at hand.

In Gordon Motors we see the first small size multi-point gas heater in boiler form. You don't have to wait to heat water. It is always available, saving the housewife valuable time during the day. The Piccolo Water Heater small in size, but great in performance.

If you're bothered by moths, mosquitoes, flies, bed bugs, roaches or ants, the Flit Insecticide in the Merc. can solve your problem. Use this stainless spray and - poof, all pests are killed instantly. It costs only \$.25 a bottle.

Stones Service Store is selling Lustro Pie Boxes for 24 cents each. If you want a piece for picnic or lunch this plastic case is your assurance of tasty and fresh pie.

Enjoy yourselves shopping and holidaying everyone. See you in the next issue.

In Appreciation

held over

The Mayor and Council wish to express gratitude to the citizens of Raymond and the surrounding district for the wonderful way in which they supported the annual Raymond Stampede and Race Meet. This has long been, and it is hoped that it long will be, the one time of the year that Raymond goes all out to remind people of the glorious past and the promising future.

The work and enthusiasm put into the parade was marvelous. The Stampede concessions, dance and the Town Spirit manifested on the day is very encouraging to say the least. The treatment afforded the Pincher Creek was greatly appreciated.

To one and all, who worked with only the idea of building a bigger and better Raymond, we offer our sincere thanks.

Sunday, July 17, Mr. and Mrs. Ray Depew and Mr. and Mrs. Osh Audenart and family motored to Waterton. The Depews spent Monday and Tuesday at the Cardston stampede.

Pat Strong, daughter of Mr. Mrs. Joe Strong recently returned from a 5000 mile tour through the Southern States.

Pat is a member of a girls quartet at the BYU that sings with a ten-piece orchestra, the Louis Stone Band. The girls were invited to sing with the Delta Phi male chorus consisting of returned missionaries, on the tour.

The group gave 18 concerts and travelled through 21 states, stopping at places like Tulsa, Oklahoma; Nashville, Tenn.; Charleston, Vir.; and Cincinnati, Ohio. The chorus appeared on TV several times on the tour.

On May 3, Pat left with the A/Capella Chorus which entertained around the West Coast of U.S., near Seattle and Portland.

Before Pat left on her tour she was made a member of the National Music Sorority, Mu Thi Epsilon. At B.Y.U. Pat was a member of the Y. Calcare Sorority and took a leading part in the Junior Prom Assembly, she was dance director of the M.I.A. and Secretary of the Sunday School of the North Campus Branch, B.Y.U.

This summer Pat is working at the Prince of Wales Hotel, Waterton.

Renee Rasmussen And Fred Henderson To Live In Lethbridge

Last Tuesday Renee daughter of Mr. and Mrs. Gordon Rasmussen became the bride of Fred Henderson at the Alberta Temple. The couple honeymooned in Kalispell and Glacier.

The following day a reception was held in their honor at the Stake House which was attractively decorated for the occasion. Mr. and Mrs. Alma Sommerfeldt greeted the guests with Denise Dahl, Marilyn and Shirlene Melchin in charge of the Gift Table, Carrie Atwood presided at the Guest Book.

The radiant bride, in an ankle length gown of fine lace and nylon, received the throng of friends with the groom and attendants against a background of hearts and flowers. The bridesmaids Jacky Thompson and Janice Hedenstrom wore semi-formals Janice's teal blue and Jack's pink each complimented by a corsage of white carnations. Best man was David Galbraith assisted by Barry Melchin. Also in the receiving line were Mrs. Rose Melchin, Karen and Kent Rasmussen, the bride's father and her two grandmothers, Mrs. Rasmussen and Mrs. Dudley.

While the guests were served a dainty lunch Mrs. Emma Dahl entertained at the piano, after which Howard Rasmussen took over his duties as emcee. The entertaining program was made up of vocal solos by Lucille Wilde and Gray Douglas of Lethbridge, Jeanine Jensen and Charlene Sommerfeldt; Geraldine Snow and Kathryn Keeler favored the audience with piano selections. The toast was proposed by Jerry Melchin.

Fred and Renee are now in Lethbridge where they plan to make their home.

Annual Parade, Stampede And Race Meet Successful Despite Rain

held over

Raymond's Annual 1st of July Parade is known throughout this part of the Province as the Best in the Sth. and this year was no exception. Although the spectators that thronged the streets were disappointed that a number of our regular entrants were missing this year - we hope they will be entering next.

The colorful parade was led by two Royal Canadian Mounted Police, with two bands, the Raymond and Pincher Creek and the Air Cadets interspersed between the various entries.

Alberta's Golden Jubilee was the theme of most of the floats this yr. including the first three prize winners - the first being the Stake Mutual who had a gigantic white birthday cake with yellow candles, and decorated with Gleaner girls dressed in white standing against the blue background. The Third Ward Primary won second prize with their 'Crop of 55', a lovely crop of redheads in a setting of brown and yellow.

'Alberta's Golden Crop' - a charming group of young ladies dressed in pastel colored gowns on a float decorated with large sunflowers won third prize for First Ward MIA. The Fourth was received by the Fourth Ward Primary for their pretty flower garden of primary children growing with knowledge. The path leading to Temple Marriage was the theme for the Third Ward MIA which won for them fifth place.

Honorable Mention go to all the other entries which included 'Thirty Years of Trail Building' depicted by the First Ward Primary boys cooking over a camp fire in the woods, while the Second Ward Primary Float was filled with primary children with the motto 'Alberta's Stability Depends Upon Her Children'. Alberta's official flower, the wilde rose was the theme used by the Music Club in decorating their float, while the Second Ward MIA young people danced the Tango under a red, white and blue canopy, their theme being Spiritualized Recreation. An outdoor scene was the setting for the happy children in the Physiology Club entry, and the Hospital Auxiliary Birthday cake was also a pretty float.

In the Commercial Division, Wheelers Jewelers with their Bridal Party Float won first prize, with Stones Silver Anniversary Float of Appliances winning second. 'The Old Woman In A Shoe' was a colorful and gay entry put in by the Raymond Pharmacy and the children loved the Mercantile's Peanut Man who showered them with treats. This Division attracted a number of out town floats - Ellisons Flour Birthday Cake, Sick's Fisherman's Paradise, Crystal Dairy and the Lethbridge Herald.

There were also two Lethbridge entries in the Decorated Car Section the Western U Drive and Merrill Agencies second and third while the Fourth Ward Mutual received first place for their huge 'Bee' at Mutual decorated in brown and yellow.

Miladi's Literary Club Hill Billies who came to town in their finery won second prize. The children's section showed the enthusiasm with which they prepared for the big day.

In the Pioneer and Cowboy section Clarence Allred's oxen, the Fourth Ward Sunday School Pioneer Wagon and the Lion Club Sponsored 4 H Club calf entry and the usual large section of cowboys and girls gave us the western touch to start off the Afternoon's Stampede.

Engagement Announced

Mr. and Mrs. Karl Wilde announce the engagement of their daughter Margaret Jean (Peggy) to Mr. Gerald Marklinger of Edmonton, son of Mr. and Mrs. A. Marklinger of Los Angeles Calif. The wedding will take place in Edmonton on August 6.

Richard Coppleters and Ronald Heggie spent the week-end in Waterton.

Despite grey skies and light rainfall, rodeo fans from all over the continent thronged to the Raymond stampede, July 1, 1955. The Pincher Creek Band, with their smart uniforms and shining instruments set the air ringing with bright music.

First to thrill the audience was the 'bronc riding with saddle', some of the world's top cowboys taking part. Even more exciting was the bare back bronc riding with outstanding cowboys like Bobby Duce of Cardston riding those crazy bronc to the finish. Next on the stampede program was the calf roping; in thirteen seconds George Richmond of Idaho roped and tied that little calf. The wild steer decorating contest which cripples more cowboys, more often than any other sport, held the full attention of the crowd in what seemed no time at all Steve Johnson of Long Beach California decorated that ornery steer - his time, 5 and nine tenths seconds. Bobby Duce did a fine job, taking a lot longer to get to the steer than to slip that ribbon on. More bronc riding came next with professional cowboys like Buck Boyce of Butte, Montana who was the 1954 North American champion rider in Calgary, riding their best. Some of those cowboys had bad breaks and some sent their entries down the well, but they all tried hard and gave the audience a thrill. The Field Judge of the calf roping contest Ken Brower of Manyberries, did a fine job on the cowboys at the task. Event No. 9 was wild steer decorating with some of the world's finest athletes risking their lives. Rufus Goodstriker just escaped being horned or stepped on and Alec Hunt of Cardston suffered injuries. In this event the prize money is higher but so are the chances of injury.

The champions of tomorrow, the amateur bronc riders were next on the program. What light, full of action horses those younger boys were handed Pat Clawson, Foremost, handled his bronc superbly. The crowd enjoyed the interludes of music by the Pincher Band. The sun shone on the wild steer Creek Band. The sun shone on the wild steer decorating and boys bronc riding followed by the amateur steer riding contest with some young cowpokes like Philip Lund and Larry Williams sticking to those old steers like glue.

The brons that came out under those cowboys next were real wild. Plunging down and rearing into the air, tearing at the fence and its rider, those spirited brons took a lot of cowboy to handle them.

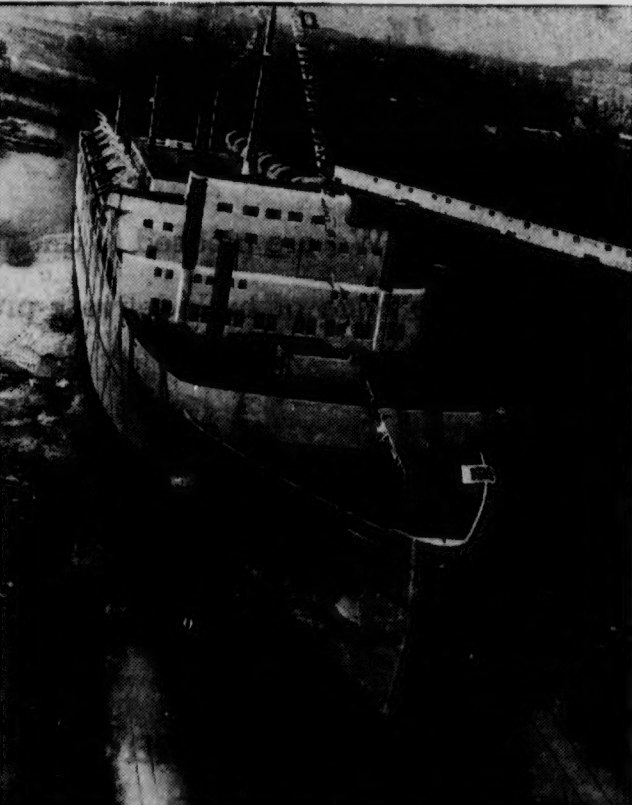
To see the crowd on their feet cheering and urging, you knew how they enjoyed the horse races. The Businessmens Derby, a five-eighths mile race was a real thriller. Coming in home-stretch 1st was Morris Heggie on Mel Depew's horse, Snowbank. The wild horse race excited everyone and ended the days events in real Western style.

Altogether everyone enjoyed the stampede and the Cavalcade midway. Screaming girls and pale-faced boys alighted from the Rocket and the Octopus, happy children rode the merry-go-round, the fish cars and ponies. The games of chance proved interesting as the side-shows offered entertainment. So the weatherman didn't really ruin our Stampede with the rain and mud, although he did manage to cancel the July second celebration.

Mrs. Thurston Smith and three children and Mrs. Arnold Garrett and Lavonne attended the Cardston parade, July 18. They visited with Mrs. Garrett's father, Ed Hancock while in Cardston.

A Quilting Bee was held Wed. July 13, at the home of Melba Holmes. Present were Betty Evans, Verlin Leavitt, Eulalia Nalder, Ellen Winkler, May Tollestrup, and Mrs. Holmes.

The Fourth Ward Mutual held its annual early-morning breakfast on Thursday at the Stampede Grounds, with about 50 hardy souls present.



Hundreds of workers, representing her maiden voyage in the Spring of 1956. Launched June 22 by Her Majesty's shipyard at Govan on the 24,000-ton Canadian Pacific liner River Clyde, the newest of the Great 'Empress of Britain' in readiness for White Empress fleet is now being outfitted at the quayside. Of modern design, the vessel will carry 1,050 passengers on her North Atlantic trade route between Liverpool and Montreal.

The Raymond Recorder

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Max Hamilton, Editor and Manager

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Letter To The Editor

Editor, Raymond Recorder,

Sir:

It is just about fifty years ago since I came to this settlement, our Town of Raymond, and since that time I have been away for only two years when I lived in Taber and about three years in the First World War. But I liked Raymond and its people. We saw a sugar factory built here, the first in Canada, and it was erected by one of the best families we could think about — Jesse Knight by name. He was a fine man and what I would call a builder. The factory was not a success like they thought it would be. It was not anyone's fault, it was a new country and they did not know the conditions, but it did start the way to bring the present factory here.

Ray Knight left here one time but as he said later, he did not give them time to wash the dishes before he came back, he liked Raymond so well. Ray made a lot of sport here and I really admired him for it.

Now what I would like to see is a memorial erected in front of the Town Hall. We could get granite rock from the Kirkaldy and a brass plate engraved and unveil it next July 1st. It would be a nice thing in Raymond, it would show that we think of some of the pioneers and what they have done.

If the people do not want this why not build a museum between the Post Office and the Library. I am sure we could find relics to donate to this. The building would not cost much — we have raised money before, why not now?

Think it over fellow-townpeople and let us do something about it.

I am, Sir,

Sincerely,

L. J. Mehew



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RAMBLINGS IN JAPAN

(continued from front page)

ues, leading out in three directions. They loom high above the roads and you seem to ride in a tunnel of trees.

A famous Daimyo had 40,000 trees planted about 1648; and 18,000 still survive, of the original plantings of Matsudaina — you see some of the great stumps still, and many younger trees. One remembers the Redwoods of California.

Nikko is one of the National Parks. It combines the beauties of their ancient arts, with scenic grandeur of mountain lakes and waterfalls.

We took the first day of the holiday to drive up the mountain roads from Nikko town to Lake Chewzenji.

This road was perfect, but the climb to the pass is breathtaking. Have always thought Logan Pass curves were exciting, but here you have 40 hairpin curves, short and so that you can see as many as six of them one above the other, or below.

Lake Chewzenji when reached is like Lake McDonald, as the surrounding mountains are green to their tips and even Mt. Nantai is smoothly rounded.

There is a cable car and suspension car, which travel straight to the mountain top, and many tourists travel that way to visit Regan Falls, the most noted in the country. As we saw it, with a drop of 330 feet and 25 feet wide, it could be compared with Multnomah, near Portland.

It is a favorite place for Japanese suicides and in some years over 100 people jumped from the top. The lake itself is about 4 miles long, 2 miles wide and is lined with resort hotels and cottages. We enjoyed it because of the lovely summer day, the boats and people. After lunch at Nikko Kan-ko, we explored the falls area and descended to the town of Nikko, visiting the stores, art curio shops, and the wood-carving factories.

Next morning Mr. Swzuki arrived to be our Temple guide. He spoke fair English to explain the Shrine and Temple buildings and customs quite thoroughly.

We inspected some things off the beaten path. At the third Buddha Temple we saw their lovely private garden, from the rooms where Pres. Ulysses Grant lived and visited in 1879. Generally speaking the Buddhist buildings are called Temples — Shinto structures — shrines. Now for our visits to them.

San Butsido (3 Buddhas) was just built in 848 when Shodashonin according to the legend just came to the mountain side. He could not cross the river, but after earnestly praying by the Buddhist Sutra, a white bearded old man suddenly appeared and hurled two snakes, one green, one red across the river. They became big enough and joined to make the Nikko Sacred bridge. So the priest crossed and built the shrine.

It contains three golden Buddha images, a great bell, a bronze pillar to avert evil spirits, bronze lanterns, all with the crest of Tokugawa Shoguns, who really ruled Japan for 400 years. This crest is made of three hollyhock leaves.

However the most spectacular group of buildings, are those of Toshogu Shrine. These were commenced around 1600 and show the tremendous influence of Chinese Culture at that period.

They are most ornately carved and decorated. The most gorgeous gate is called Yomelman. Your impression is of white and gold, but as you come closer and see the intricate carvings in many colors, showing tigers, pine trees, bamboos, plums and peacocks, there comes bewilderment, at the lavish display of Oriental Art.

All the buildings are connected with corridors and each one has some famous decoration; one of them you will all remember. The three monkeys — See no, hear no, speak no evil, are carved and planted as part of a monkey series, which decorates the stable, sacred to the white horse of the Emperors.

We could go on for hours, Tigers, Elephants, Crying Dragons, Candlesticks of bronze, Cats, Mountain Birds all curved and painted — with scenes of Chinese legends, Raramon Gate, Roicamon Gate, Tutaarasan Shrine, are all outstanding. It all seems like Fairyland.

Here are enshrined the spirits of the Great Japanese heroes and Shoguns. Here the shrine maidens dance with swords, bells and branches. Dressed in white blouses and long red skirts, they slowly tread down the evil spirits, to the music of drum and flute. Here you may buy your fortune from the priests. If it is good, you carry it away, but if evil, you must tie it on a bush or tree, so that the bushes are white with paper, given back to the Gods.

We saw many such temples and shrines, till feet and brain were both weary but we agreed with the Japanese proverb, 'Don't say Kekko (magnificent) till you have seen Nikko'.

FOOD FOR THOUGHT

1. The greatest sin — Fear.
2. The biggest fool — the boy who will not go to school.
3. The greatest bore — the one who will not come to the point.
4. A still greater bore — one who keeps on talking after he has made his point.
5. The greatest deceiver — one who deceives himself.
6. The greatest invention of the devil — war.
7. The greatest secret of production — saving waste.
8. The best work — what you like.
9. The best play — work.
10. The greatest mistake — giving up.
11. The most expensive indulgence — hate.
12. The cheapest, stupidest, and easiest thing to do — find fault, who talks too much.
13. The greatest trouble maker — one
14. The greatest stumbling block — egotism.
15. The most ridiculous asset — pride.
16. The worst bankrupt — the soul that has lost its enthusiasm.
17. The cleverest man — one who always does what he thinks is right.
18. The best teacher — one who wants you to learn.
19. The most dangerous person — the liar.
20. The meanest feeling of which any human being is capable of — feeling bad at another's success.
21. The greatest need — common sense.
22. The greatest puzzle — life.
23. The greatest mystery — death.
24. The greatest thought — God.
25. The greatest thing, bar none, in all the world — LOVE.

Mr. Mrs. S. W. Brown and family spent the weekend holidaying at the Calgary stampede and Banff.

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Mr. and Mrs. Roy Bly and family of Leth. visited at the S.J. Dainard home recently. The Bly family and Margaret Dainard motored to Waterton Wed.

Visiting recently with Mr. and Mrs. Bill Jensen were their daughter and son-in-law Mr. and Mrs. Donald Koch and two eldest children, of Salt Lake City. Mr. and Mrs. Jensen accompanied them part of the way on their trip home.

Mrs. John F. Watson and Mrs. LaFerne Garffe of Salt Lake City were recent guests at the Bill Fairbanks home.

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Cooking Tips For The Bride

by Consumer Section
Marketing Service

Canada Department of Agriculture

There once was a charming young bride,

So nervous she just could have cried
A friend said, "Now look,
It's easy to cook,
These ideas are tested and tried."

Of course the friend meant the ideas from the home economists of the Consumer Section, Canada Department of Agriculture. Very few women are born good cooks but anyone can become one and one of the most important steps in achieving this is the gathering of a collection of good recipes. A collection of recipes is rather like a set of fine silver; the longer it is used, the more it is cherished. A bride when collecting her first set of recipes will, no doubt, include some of her own mother's and some of her new mother's as well, because she will certainly want to prepare some of the dishes that "mother used to make." She will also find that a good cook book is really a necessity to fill in the gaps and that the free Consumer Section publications will prove invaluable. These bulletins may be obtained, free of charge, from Information Service, Department of Agriculture, Ottawa.

Cooking for "just two" does have its problems but if they are faced squarely most of them will turn out to be problems of planning and shopping. Take recipes for example. Most recipes are written to serve four or six people so for two in order to avoid serving the same thing two days in a row, it may be necessary to divide a recipe in half or even a third. The bride will start off with a good set of measuring spoons and a measuring cup and she will find there are three level teaspoons in one level tablespoon and 16 level tablespoons in one cup.

There are two misunderstandings about good cooking that often overshadow the bride's attitude toward the kitchen. One is that cooking is a great time consumer, and the other, that in order for food to be good it must be expensive. Neither of these ideas is correct. Some of our favorite food, steak for example, may be cooked in a trice and others such as casserole dishes may take longer to cook but are comparatively inexpensive. Much of the goodness of dishes such as beef stew and sauce for spaghetti and meat balls depends upon the long slow cooking. But just because a dish takes a long time to cook is no reason why something else cannot be done in the meantime.

Good cooking starts with a well-equipped kitchen, neither over or under stocked with an ample supply of staples, dairy products, meats, fish, by the blending of these products in fruits and vegetables in season. It is to satisfying meals that the bride will gain recognition as a good cook.

To shop to advantage requires careful planning and it is perhaps this part of cooking for two that causes the beginner more concern than anything else. To be a thrifty shopper in today's serve-yourself food stores it is important to decide what is to be bought and prepare a list before starting out to shop. If the week's meals have been prepared ahead the staples can be bought at one time but a second or even third trip to the store may be necessary for the perishables.

It is wise to check several stores for their prices and to buy where foods of the best quality are found. For economy it is best to purchase fresh Canadian produce such as fruits and vegetables during the season in which they are most plentiful. Buy foods in quantity if there is storage space for them and buy by grade to suit the family's needs.

When selecting canned goods the best buying guide is the label. It gives a clear picture of what is inside the can — for example on a fruit label will be found the size of the can, kind of syrup and the quality of the fruit as well as other details. It is a good idea for the new homemaker to find out which sizes, varieties or grades of different foods are best for her purposes — for she realizes the more she knows about buying foods the better shopper she will be.

Visiting recently with Mr. and Mrs. Cesar L'ecluse and the Bud Andersons were Mrs. Ed L'ecluse of Rossland B. C. and Mrs. John Milligan of Greenwood B.C.

Mr. and Mrs. Paul Fairbanks entertained the Study Club in their home Sunday night, July 17.

Mrs. J.T. Heningarof Salt Lake City is spending some of the summer with friends and relatives in Raymond.

Saturday, July 16, Calvin and Joanne Salmon, Joe and Joyce Stevenson visited Waterton Lakes.

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Raymond Dairy

CLIFF WILLIAMS

Spotlight on HEALTH

Science Features

What About Ulcers?

Even though an ancient physician described ulcer of the stomach almost two thousand years ago, this disabling condition is particularly associated with the fast pace of modern life. About 10 per cent of all Americans develop an ulcer some time during their life. The disease is actually an eroded crater in the lining of the stomach or its exit passage, the duodenum. The crater is created by over-production of potent digestive acids.

Fortunately, medical scientists are finding new ways of helping ulcer victims overcome this painful, sometimes fatal, gastric ailment. If you have an ulcer, luckily, you'll have pain. This is nature's warning. The pain is usually localized right under the ribs and occurs in bouts of fifteen minutes to an hour's duration.

Unchecked, the gastric acids, which have penetrated the membrane lining of the stomach, will eat their way right on through the rest of the muscular tissue, sometimes causing a dangerous hemorrhage or a dumping of the stomach's contents into the abdominal cavity and so bringing on peritonitis.

We know that highly seasoned foods, smoking and other indulgences can help cause peptic ulcer, but the mind is evidently just as important. Persistent worrying over business or personal affairs plays an important role too.

What can be done for ulcer sufferers? Physicians know that diet is very important, that snacks between meals put something between the stomach and the potent acids it secretes. Surgeons have tried cutting certain nerves which stimulate acid production, and drugs have been developed which inhibit these nerves.

None of these techniques, however, completely shuts off the destructive effects of acid, and the

stand-by of the ulcer sufferer is still the antacid. The most commonly used antacid is bicarbonate of soda, which acts to take the bite out of stomach acids by neutralizing them to form harmless compounds. A more effective substance is Gelusil, which combines two acid-neutralizing substances, aluminum hydroxide and magnesium trisilicate. Such a drug combines with the acid and also physically coats the ulcer crater to protect it from further erosion.

One of the newest methods of ulcer medication is the use of the anti-secretory drugs, which inhibit over-secretion of gastric juices. Another line of attack on ulcers is the use of sedatives such as phenobarbital to cut down anxiety and nervous tension. If all these measures fail, the physician may recommend surgery, particularly if the trouble is located in certain areas of the stomach. Under surgery, all or part of the stomach may be removed or a new exit from the stomach to the intestine may be formed by the surgeon.

Most doctors agree that the ulcer patient can do a great deal to help himself live with his essentially incurable condition. He can watch his diet, trying to avoid irritating foods and stick to the bland ones. He can also try to avoid nervous stimulation and emotional crises. New medical techniques, in the long run, can only help the ulcer patient to help himself.

Mr. and Mrs. Robert Heggie and family, Alan and Mary Heggie, Vivian and son Dennis Heggie, and the Lawrence Bacons recently spent a week-end in Waterton.

Susan Wood is visiting in Calgary with Roxy Wood for the following week. Tom Wood is now in Stettlar where he is employed for the summer.



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Mr. and Mrs. Marlin P. Allred were Sunday, July 17, Mr. and Mrs. Cesar Mrs. Lincoln Wood was hostess to hosts to Mr. and Mrs. Roscoe Baker L'ecluse and family, Mrs. Ed L'ecluse twelve ladies at a Kitchen Shower, and family, Faye, Shirley, Dwight and Mr. and Mrs. Bud Strong and family Tuesday, July 12, honoring Miss Mar- Phillip Baker, of Glendora California. of Magrath holidayed in Waterton. Ilyn Taylor who is a June bride elect.

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Charles Innis
Mrs. Rebecca Nalder
Mrs. Mate

Recent births were: boy to Mrs. Louis McRoy, July 19; boy to Mrs. M. Still, July 20.

Mr. and Mrs. Gray Kirkham of Edmonton were visitors at the home of Mr. and Mrs. A.W. Kirkham and Mr. and Mrs. A.G. Evans last week. A special Sunday evening gathering was held in honor of the Kirkhams at the G. Evans home July 17. Present were the Myron Holmes, the Joe Kirkhams, the Verlin Leavitts, the A.W. Kirkhams, Jean Holmes and the G. Evans.

Recently, Rayo Woolf was surprised to receive a visit from a boyhood pal Mr. Wm. Glover whom he hasn't seen since 1919, and his wife and family of Westlock Alberta.

Sunday, July 10, a Peterson reunion was held in Waterton. Present among the John C. Peterson family were 54 relatives, including H.S. Peterson and family of Ogden, Utah.

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When the ends of the velvet ribbon bow at your blouse collar tends to fray trim the ravelled threads with scissors, and then run a fine line of color less nail polish along the edge.

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Saturday July 2 a Litchfield reunion was held at the Raymond Stake House with 102 present, all descendants of William Litchfield and Josephine Palmer Litchfield. This is the third successive year that their seven sons: Parley, Floyd, Joe, Millican, Ried, Ern and Carlile, were all present. A short program was enjoyed which consisted of: duet by Elaine Hardy and her younger brother of Stirling, solo by Lyman Hardy of Stirling, piano solos by Marilyn Swensen from Montpelier Idaho, Ann Allred of Raymond, Sherry Oler of Stirling, Nelda Litchfield of Lethbridge; a vocal duet by Lyman Hardy of Stirling and Winslow Swensen of Montpelier, Idaho. The concluding number was a song and dance by Darwin Oler of Stirling.

Following this a meeting was held to report the genealogy histories being kept by the family, followed by elections, with those remaining in office: Eldon Litchfield, Pres., Bert Litchfield - Vice-Pres., Winford Litchfield - second vice pres., secretary - Norma Smith. Historians were Marie Watson, Carlile Litchfield, and Grant Litchfield. Genealogist was Parley Litchfield. The enjoyable afternoon was concluded with ladies serving a plate lunch.

There were members present from Raymond, Stirling, Taber, Lethbridge, Picture Butte, Claresholm, Calgary, and Montpelier, Idaho.

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BUY AT HOME

KEEP THE MONEY IN RAYMOND Monday, where she will reside.

Monday, July 18, Mr. and Mrs. Azel Stevenson and Joyce attended the Cardston stampede and parade, visiting at the home of Mr. and Mrs. Dick Lowe. The Stevensons drove to Waterton also.

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Mr. and Mrs. Paul Schneider and Geraldine recently entertained in the Schneider home, a niece Dolly Bowers of Chester Idaho, and Ada Lou Sutton of Rexburg Idaho. Geraldine has been visiting at home for a month and she left July 19 for Idaho Falls.

DOCTORS

O. T. Bingham

and

G. F. Anderson

DENTISTS

RAYMOND

PHONE 45

Mr. and Mrs. M.R. Woolf recently returned from a trip to Yellowstone Park and other points of interest along the route. A niece of Mrs. Woolf, Elaine Ferguson of Gleece went with them. The Woolfs and Mr. and Mrs. Garth Woolf and Vicki of Calgary visited Waterton Park and the Calgary stampede.

Holiday Season

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An annual picnic was held in Stirling Friday, July 15. Present were the J.D. Bridges, Doris Stones, Ross Mendenhalls, Howard Hickens, Bill Nalders, Gil Evans, Gerry Melchins, Barker Selmans, Arlidge Hills, and the Don Steeds. The parents and their children, totaling 53, went swimming at the Lions Pool, then enjoyed a weiner roast at the Stirling Park.

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Among the group of ladies who visited the Girls' Home in Waterton and had such a good time on Wed. Thurs. and Fri. were Idale Kenney, Irene Redd, Irene Jensen, Lavonne Bullock, Beth Galbraith, Libby Heninger, Ruth Salmon, Ella Hancock, Martha Woolley, Claire and Emily Rolfsen, Lucille Paxman, Carol Hirsche, Tilly Wilde of Wellington and Gladys Stringham of Milk River.

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FIELD DAY

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WEDNESDAY, JULY 27

TOURS: 10 a.m. — Tours of the various phases of experimental work will include: Irrigated Pastures, Forage Crops, Grass Silage, Loose Housing Barns, Vegetables and Small Fruits, Dryland and Irrigated Cultural Practices, Cereal Crops.

Special Exhibits will be featured on the lawn.

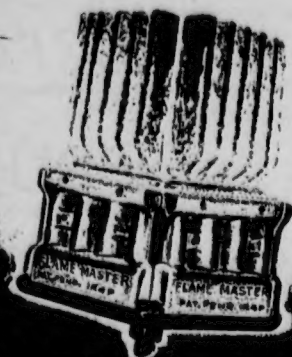
GUEST SPEAKER: 2 p.m. — Dr. John Unrau, Head, Plant Science Department, University of Alberta. His subject: "Wheat: An Important Crop in Southern Alberta".

FOR THE LADIES: Tours of the grounds, flower gardens, and food processing laboratory.

FOR THE CHILDREN: Movies at 10 a.m., Games and Races, 1-2 p.m.

Bring your family and a picnic lunch — Coffee, Milk and Cream provided. Townspeople especially invited to come and meet their farm friends

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News From Your District Home Economist

Elizabeth M. Bartman,
Lethbridge

Since it will soon be strawberry time many of you will be considering freezing them for your winter menus. So let's review the method.

Strawberries may be successfully frozen but be certain that the berries are at the height of maturity, fully ripe, well colored and sweet. When you have them in your garden, gather the berries in the cool of the morning. Sun-heated fruit may bruise excessively from handling and result in an inferior frozen product. Rain-soaked fruit also produces a poor product. Gather no more fruit than can be quickly prepared, packaged and frozen at one time.

Wash the berries twice or more to completely remove all sand and dust doing no more than a quart at one time. Never allow the fruit to remain in water more than one minute, since water-soaked fruit will not freeze successfully. Drain the fruit thoroughly then spread out on a tray covered with several thicknesses of absorbent paper toweling. Place in refrigerator to allow berries to become firm again before packaging.

The hulled berries may be packed whole, but it is recommended they be sliced in 2 or 3 pieces for better flavor. Crush slightly. To 4 lbs. prepared fruit add 1 lb. sugar. Fold over in a bowl until the sugar is dissolved and there is sufficient syrup to completely coat the fruit. Or you may pack the berries in liquid-tight containers, filling firmly but not crushing. Pour over medium syrup (1 cup sugar to 1 cup water, yielding 1½ cups syrup) not forgetting to leave head space. The berries may be frozen with no sugar at all, but sugar does preserve color and flavor.

If you did not have the success with your berries last year that you hoped you would have, it may have been due to your method of defrosting them. Frozen fruit should be served immediately after thawing since, if allowed to stand for any length of time at room temperature, the flavor, appearance and texture of the fruit will deteriorate. Thaw the berries slowly in the unopened container in your refrigerator or at room temperature, inverting the container occasionally to distribute the syrup evenly. Defrosting in warm water is a poor method in that you are liable to allow fruit to become too soft before it's served. Serve frozen berries as fresh fruit just before they are thawed completely.

Have you tried Frozen Jam without boiling? It's new and easy. You may obtain the recipe from my office.

**SUBSCRIBE TODAY TO
THE RAYMOND RECORDER**

John and Hazel Holmes of Provo, Utah are the proud parents of a baby boy born June 24.



Pete THE PRINTER

THIS IS YOUR NEWSPAPER AND WE INVITE CONSTRUCTIVE CRITICISM. WHY NOT DROP US A LINE OR TWO?

Tips on Touring

By Carol Lane

Women's Travel Authority



Litter left behind at a camp or picnic site may be a sign of past enjoyment but it's a future headache for fellow tourists says Carol Lane, Women's Travel Director of the Shell Oil Company of Canada. If you have ever stopped at a spot despoiled by its former occupants, you know that a "litter-bug" wreaks more havoc upon picnickers than ants or other insects possibly could.

Litter is unnecessary because it's so easy to leave a neat trail behind you. Picnic grounds and road-side parks are usually equipped with a trash receptacle for "left-overs". If you've had a barbecue, weiner roast or steak fry, do what I do — bury the signs of your fire. If no bin is handy, take along your litter for disposal later.

Some people leave picnic and camp sites neat, but litter up the insides of their cars. When you travel, your car is your home away from home. Keep it as neat and "picked up" as you would your own living room. Other travellers preserve the neatness of their car at the expense of the nation's highways — by "marking" their trails with refuse. It's easy to avoid either extreme. Just take along a paper bag or box in which to store your trash temporarily.

It's easy to be a good Samaritan when you travel. Make sure that future drivers, campers and picnickers will not be the victims of your untidiness.

Mrs. Lavonne Coombs and daughter Patricia of San Francisco, California arrived by plane Tuesday, July 19 to visit here with Mr. and Mrs. J.L. Larsen.

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RAY RALPH, MANAGER

LETHBRIDGE

Calvin Salmon, son of Mr. and Mrs. Robert Salmon and Joe Stevenson, son of Mr. and Mrs. A. Stevenson were down from Edmonton for last weekend.

Seventy-five per cent of the living creatures on earth are insects. With outmoded pesticides, many foods could not be grown commercially, while others would be inferior in quality, scarce, and costly because of lower yields.

Many of the deserts of North Africa were once thick forests, says the United Nations Food and Agricultural Organization.

Exactness Varies

Two monuments on opposite sides of the Island of San Salvador in the Bahamas mark the 'exact spot' where Christopher Columbus landed. One was erected June 15, 1891, by the Chicago Record, the other on February 25, 1951, by a group of natural scientists aboard the yacht, Heloise.

The Arawaks, aboriginal Indian inhabitants of Jamaica, are said to have told Columbus, when he discovered them and their island in 1494, that they called it "Xaymāca", meaning "the well-wooded land of springs and waterfalls". And neither the Jamaica Tourist Board nor anyone else has been able to think up a better name, although today they spell it 'Jamaica'.

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Dr. and Mrs. Frank Hall and family of Vancouver, and the Lincoln Woods were weekend visitors at Waterton. The Canadian Pulp and Paper industry is one of the major industrial enterprises of the world.

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Put FIL on the job, as thousands of other Canadian farmers are doing. Discuss a Farm Improvement Loan with your nearest Bank of Montreal manager.



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JULY - THE DANGER TIME

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TODAY**



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TOMORROW**

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HAIL

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ALBERTA HAIL BOARD INSURANCE

IT'S NOT TOO LATE TO PROTECT YOUR 1955 CROP INVESTMENT



Records show that 70% of the damage awards are paid out for losses occurring after July 20th. We are in this danger period NOW. A Hail storm between now and harvest can seriously affect your farm economy. Alberta Hail Board Insurance is the soundest way to protect your investment and assure you of the cash to carry on and seed the 1956 crop.

Your premium is a deductible expense for Income Tax purposes.

PLAY IT SAFE . . . INSURE

TOMORROW MAY BE TOO LATE . . . INSURE TODAY!
CONTACT YOUR NEAREST AGENT — NOW!

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all sizes

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Raymond Mercantile

Company Limited

The Store With the Stock

Mary Hyde has visiting in her home a brother, Roger I. Bishop from England. Mr. Bishop has been in Canada just three months and is working in Toronto. The Hyde family and Roger Bishop attended the Cardston stampede and visited Waterton and Glacier.

Mrs. Frank Newman of Ogden Utah is visiting at the Frank Taylor home. Kathleen is in Raymond to attend her sister, Marilyn's wedding.

Alice Campbell is spending her holidays at the home of Lorna and Maurice Pickering of Coaldale.

Support this very worthwhile campaign
that is sponsored by the
Raymond and District Chamber of Commerce
and endorsed by the Mayor and Town Council

Lard vs. shortening?
This is a question many homemakers ask. Lard used to be the family standby for pastry, but during recent years it just hasn't been in fashion. Perhaps this is because we are not acquainted with the new form of lard now marketed, say officials of the Home Economics Extension Service, Alberta Department of Agriculture.

Lard is made from pure pork fat. Homemakers used to think that lard had a strong flavor, that it had to be kept cool, and used as quickly as possible. Not so today! It is creamy, no longer has a strong flavor, and in most cases contains a preservative which makes refrigeration unnecessary. Lard which doesn't contain any preservative will have "Keep Cool" marked on the carton.

Shortenings are made from fats other than pork or from oils or a combination of the two. They are creamy in consistency and have good keeping qualities without refrigeration. The composition of the shortening may not be stated on the carton but some are made from pure vegetable oils and others from a blend of a fat and a vegetable oil.

Tests have been carried out using lard and shortenings for pastry. Various brands of lard as well as blended and pure vegetable shortenings were compared in these tests. The same standard pastry recipe was used in each case. Judged by a panel of experts, on color, odor, flakiness, crispness, tenderness, and flavor the pastry made with lard was given the highest score.

Now that we know that lard is a good buy, why not add it to our shopping lists? It is cheaper than shortening, and, what's more, it helps maintain a strong national economy by using a product of Canadian Agriculture.

Mrs. Lee Fairbanks recently entertained as guests her parents, Mr. and Mrs. Norman Drayton of Adelaide, Australia. The Draytons have been staying in England and will soon be located in Edmonton where Mr. Drayton is now. Mrs. Drayton is spending some time with Vivian now.

Cows which are bothered by flies will produce as much as 3½ pounds less milk a day than those free from the pests, a Purdue University study shows.

Mr. and Mrs. J.D. Brown and the Howard Browns recently left for a trip to Washington, Spokane, and other points of interest in the U.S.

Every hour, night and day, the Canadian newsprint mills produce the equivalent of a 6,000 mile, five-foot ribbon of paper that would stretch from Toronto to Baghdad.

Want-Ads

Lost: Small black note book, in front of Post Office. Finder please leave at Post Office or Raymond Recorder Office.

My Business is FOR SALE. Terms or Cash. See Barbara MacPhee.

HEMSTITCHING done on hemstitching machine. Prices reasonable. Work can be left at Greep's Electric.

Mrs. Bill Greep Phone 400

Spring Fries for sale - Phone 258, Azel Stevenson.

FOR RENT: Light housekeeper rooms. See Max Hamilton, phone 34 or 314.

Wanted to buy: A few light calves, 250 - 300 lbs. S.W. King.

FOR SALE: House, 4 rooms and bath. Good location. Terms can be arranged Kim Bullock, 1038, 11th St., S. Lethbridge. 31-3p

Phone 4242 during the day

WANTED: Custom lawn mowing. Ralph Heninger - Phone 73.

Wanted: 500 gallon Propane tank. Leave description and price at Recorder office.

SPECIAL DISCOUNT PRICE
on remaining stock of EVERLAST dishware. See Monty Dahl.

FOR SALE:
1 Coleman Oil Heater — 65,000 BTU's
1 Monarch Oil Heater — 33,000 BTU's
Apply George F. Turner

For rent: 5 room apartment, ground floor, bath, hot and cold water. J.D. Hall.

FOR SALE: Piano in good shape, Contact C. Fawns c/o Mrs. C. Salmon.

FOR IMMEDIATE SALE
¼-mile sprinkler irrigation system, complete — Oliver "80" tractor — Allis-Chalmers "B" tractor with cultivator, beet plow, mowing machine. Apply Recorder for information.

WANTED
CUSTOM LAWN MOWING
DENNY FROMM
PHONE 146

Castrol

Mon. and Tues. — July 25 and 26

Rogue Cop

with Robert Taylor and Janet Leigh

Wed. and Thurs. — July 27 and 28
Rory Calhoun and Piper Laurie

In **Dawn At Socorro**
Technicolor

Fri. and Sat. — July 29 and 30
TO BE ANNOUNCED

COMING SOON

Strategic Air Command
The Seven Little Foys

FOR SUMMER COMFORT
MEN'S AND BOYS'
SISMAN OXFORDS
A cool, light, rugged, inexpensive shoe
\$3.95 to \$5.95

SHOE STORE BURNS'

SLATER

PHONE 128

SAVAGE

Lee Fairbanks is now in Abbotsford B.C. where he is teaching Swimming and Water Safety in the Air Cadet Camp. In the fall Lee will be teaching school in Edmonton.

Mr. and Mrs. Lyman C. Hardy of Stirling recently entertained in their home Mr. and Mrs. Bert Litchfield and family of Lethbridge, and Mr. and Mrs. Ned Woodruff and family of Picture Butte.

Visiting recently at the home of Mr. and Mrs. Lem Adams were Mr. and Mrs. Merrill Adams and family of Moosejaw, Mr. and Mrs. Alan Adams and family, and Mrs. N. Kindt of Salt Lake City. The visitors drove to Waterton and Calgary also. Reid Adams is vacationing in Salt Lake City now.

Mr. Mrs. Robert Selby and children of Cardston were at the Martin Alford home on Dominion Day.

QUALITY MEAT & GROCERY

MEATS
T-Bone Sirloin 69¢ Weiners, Cello, 32¢
Round Steaks per pound
Link Sausage 39¢
Per Pound

OUR GUARANTEE:
SATISFACTION OR YOUR MONEY BACK

Fresh Fruit and Vegetables
(A COMPLETE STOCK)

Celery 13c per lb.

Watermelon .. 7c per lb.

SPUDS 10lb for 45¢

5 Pounds Sugar 49¢

Fly Spray, 32 oz. 50¢

Jello, All flavors, 3 for 29¢

Jetspeed Cleaner, it's good 10¢

FREE DELIVERY SERVICE **PHONE 517**

The Les Amies Club recently held a meeting at the home of Margaret Taylor. Kathleen Newman and Marilyn Taylor were special guests.

Friday, July 15, M.R. Woolf attended the District Convention of Alberta Wheat Pool Agents held in the Cardston United Church.

COOL COMFORT

IN
SHORT SLEEVE COTTON PLESSE

SPORT SHIRTS

STYLED BY

FORSYTH and BLUESTONE

Easy to launder— require no ironing

Just the thing for hot weather

The Broadway Store

"BUY FOR CASH — THE THRIFTIEST AND SOUNDEST WAY"

Sunday, July 17, four sisters: Virginia Rolston, Mirra Peterson of Welling, Marva Nalder and Jan Heninger enjoyed the cool mountain air at Waterton.

Mrs. Lottie Graham is now entertaining at her home Mr. and Mrs. C.N. ling, Marva Nalder and Jan Heninger (Bud) Swinney and family, and Marguerite Graham of Houston, Texas.

HOT WEATHER SPECIALS

AT

STONE'S

8.1 cu. ft. GE Refrigerators only \$239⁹⁵

McClary DeLuxe Gas Range only \$249
featuring everything the cook dreams about on a stove

Mr. and Mrs. Renan Pack and Mary spent the weekend of the 16 and 17 in Waterton.

Mr. and Mrs. Robert Steed of Vauxhall were visiting at the home of Mr. and Mrs. E.N. Christensen, July 17.

Visit Our Complete

Hair Care

Department

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Helene Curtis Preparations

SUAVE DRESSINGS, SPRAYNET, SHAMPOO

COMPLETE LINE OF

Home Permanents

THE **Raymond Pharmacy**

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a QUONSET
FOR EVERY FARM USE



IMMEDIATE DELIVERY

20' x 36' — Only \$1118.02

32' x 48' — Only \$2589.83

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